











585 Bridgehampton/Sag Turnpike
Bridgehampton, NY 11932

MARCH 2010

Luncheon Served 12 Noon

Bingo everyday

Monday	Tuesday	Wednesday	Thursday	Friday
1 Stuffed Cabbage 9:30 Rummie Q Game 10:00 Walking Club – SYS	2 Teriyaki Glazed Chicken 9:45 Let’s Be Flexible Exercise 10:00 Operation Visit-A-Friend 10:00 Knitting & Crocheting Circle 10:30 Computer Instruction with Maeve 	3 Eggplant Rollette 10:30 Chair Yoga 11:30 What Was The Year? 6:45 Adult Children of Aging Parents Support Group-Hampton Bays	4 Home Style Pot Roast 10:00 Canasta Club 10:30 Coffee & Conversation 1:30 Duplicate Bridge Game 	5 Brewer’s Codfish 10:45 Stretch & Tone Exercise Class Crazy Hat Day – Wear A Funny Hat!
8 BBQ Chicken 9:30 Rummie Q Game 10:00 Walking Club – SYS 1130 Person Place or Thing? 	9 Hungarian Goulash 9:45 Let’s Be Flexible Exercise 10:30 Computer Instruction with Maeve Past or Present Share Your Treasured Mementos	10 Roast Pork 10:00 SCOFA Senior Advocate 10:00 Craft w/Carolyn 10:30 Chair Yoga 11:00 Blood Pressure Screening –Hampton Bays 12:30 Afternoon Movie & Snack – “Riverdance” 1:00 Caregiver’s Support Group – Hampton Bays 6:00 Grandparents Raising Grandchildren Support Group – Hampton Bays	11 Tomato Topped Codfish 10:00 Canasta Club 10:30 Coffee & Conversation 1:30 Duplicate Bridge Game 	12 Ham, Peas & Mushroom Alfredo 6:45 Bus Departs for Foxwoods (Pre registration required) 10:45 Stretch & Tone Exercise Class
15 Chicken Lo Mein 9:30 Rummie Q Game 10:00 Walking Club – SYS	16 Veal Parmesan 9:30 FAN Food – Hampton Bays 9:45 Let’s Be Flexible Exercise 10:00 Knitting & Crocheting Circle 10:30 Computer Instruction with Maeve 	17 Corned Beef & Cabbage 10:00 Southampton Senior Club Meeting – HBSC 10:00 Trip to K-Mart 10:30 Chair Yoga 10:45 St. Patrick’s Day Celebration 6:45 Adult Children of Aging Parents Support Group-Hampton Bays	18 Swedish Meatballs 10:00 Canasta Club 10:30 Coffee & Conversation 1:30 Duplicate Bridge Game	19 Anniversary Chicken 10:45 Stretch & Tone Exercise Class Crazy Socks Day - Where Funny Socks!  2:30 Book Discussion Group – Hampton Bays
22 White Chicken Enchiladas 9:30 Rummie Q Game 10:00 Walking Club – SYS 	23 Potato Crusted Cod Fish 9:45 Let’s Be Flexible Exercise 10:30 Computer Instruction with Maeve	24 Hearty Beef Stew 10:30 Chair Yoga 10:30 Book Club Discussion w/Pat 	25 Cheese Ravioli 10:00 Canasta Club 10:30 Coffee & Conversation 1:30 Duplicate Bridge Game	26 Roast Turkey w/Pan Gravy Monthly Birthday Celebration 
29 Stuffed Cabbage 9:30 Rummie Q Game 10:00 Walking Club – SYS 3:00 You Can Make A Difference – Volunteer Meeting - Hampton Bays	30 Teriyaki Glazed Chicken 9:45 Let’s Be Flexible Exercise 10:30 Computer Instruction with Maeve	31 Eggplant Rollette 10:30 Chair Yoga 1:00 Caregiver’s Support Group – Hampton Bays 		



Shopping to King Kullen
w/ Senior Shuttle
Every Wednesday

